



### 3. Blood Donation Camp on 9 Sept., 2019 ...

Blood Donation Camp was organized on 09<sup>th</sup> Sep. 2019 at Govt. P.G. college sector 14 Pk1 by NSS, Red Cross, Red Ribbon society of college along with Science Awareness Society in collaboration with Punjab Kesari Group on 38<sup>th</sup> Death Anniversary of (Amar Shaeed Lala Jagat Narayan ji) founder of Punjab Kesari Newspaper. 49 units of blood was donated by NSS volunteers, students, staff members of college and some volunteers from outside college, this was handed over the Bloodbank Society of Civil Hospital, sec.6 Pk1. College Principal Mrs. Indira Goel, H.O.D (Zoology Dr. Adarshdeep Kaur, NSS Red Cross and Red Ribbon Society incharges Dr. Kiran Bala and Ms. Laksha Tanwar motivated the students. NSS volunteers helped the team in maintaining data and certificate writing. This Blood Donation camp was inaugurated by MLA Pk1 Sh. Gyan Chand Gupta.





#### 4. Poshan Abhiyan:

Month of September was celebrated as “Nutrition Month”. During this activities like awareness Rally, Door to Door Campaign, awareness lecture by nutritional expert Dr. Noreen Chahal, from dispensary Sector 12 A Panchkula, Fortnight Programmer of Fit India Movement in collaboration with Physical Health Dept. of College to tell importance of physical activities, Group discussion , lectures by NSS volunteers at G.M.S. ManakpurThakurdass, Panchkula,G.M.S. Ferozepur, Pinjore,Govt. Sr. Sec. School, Pinjore etc. on obesity and eating disorders, impact of fast food, Packaged food items and promotion of organic diet were organized. One day NSS camp was also organized on the this theme.



#### 5. E- Rickshaw Campaign on World AIDS Day on 2<sup>nd</sup> Dec. 2019:

On the event of observance of World AIDS day 2019 on 02.12.19 , E-rickshaw campaign was conducted in college in collaboration with Haryana State AIDS control society (HSACS) Panchkula. During this, 15 e-rickshaws were placed on the main gate of College from 1pm

onwards by members Mrs. Rakhi and Mrs. Ujita of HSACS, Panchkula. These e-rickshaws picked students from college gate and dropped at Sec. 5 Bus stand along with a member of HSACS, Panchkula and she gave information to students about HIV AIDS on their way. This service was free of cost for the students to create awareness and sensitization about HIV/AIDS. 75 students participated in this and motivated them to spread awareness among other students also.



#### **6.Campaign for Preventing and Mitigating COVID – 19:**

During lockdown, NSS volunteers at home made masks at home and distributed them among their neighbours, they also made them aware about the concept of COVID-19 and social distancing and Aarogya Setu. 100% NSS volunteers downloaded Aarogya Setu app.





**7.National Level Online Yoga Workshop on 21<sup>st</sup> June,2020:**On the eve of International Youth Day i.e. 21st June,2020 an National Level online yoga workshop was organised by NSS, Red cross ,Red Ribbon Society and Physical Education for the students .Chief Guest for the workshop was Dr.Dinesh Singh Rana Sir NSS Programme Coordinator, Kurukshetra University, Kurukshetra. Sir motivated the students about the importance of Yoga in this Pandemic situation. Mr.Pradeep Kumar, Honorary Yoga Instructor from Chandigarh Yog Sabha, Chandigarh gave yoga sessions to students by performing various yoga asanas and explaining the benefit of each asana to students.The workshop was conducted under the leadership of Respected Principal Maam Mrs.Indira Goyal.Total of 64 participants were present in the workshop.



## ऑनलाइन राष्ट्रीय योग कार्यशाला का आयोजन

पंचकूला, 21 जून (आशीष): सैक्टर-14 राजकीय महिला में ऑनलाइन राष्ट्रीय स्तर की योग कार्यशाला का आयोजन किया गया। कार्यक्रम की अध्यक्षता प्रिंसिपल इंदिरा गोयल ने की। कार्यशाला गूगल मीट के माध्यम से की गई। इसमें मुख्यातिथि डॉ. दिनेश राणा प्रोफ़ेसर व एन.एस.एस. को-ऑर्डिनेटर ने शिरकत दी। आयुष विभाग में कार्यरत योगी प्रदीप ने योगाभ्यास करवाया। कार्यशाला कॉलेज की एन.एस.एस., रैडक्रॉस सोसायटी व स्वास्थ्य एवं शारीरिक शिक्षा विभाग के प्रभारी राणो गिल, डॉ. किरण बाला व लाक्षा तंवर की देखरेख में हुई। तकनीकी सहायक की भूमिका डॉक्टर पारुल शर्मा ने निभाई।

## **7.2 – ( II) Best Practices**

### **Title of the Practice: Eco Awareness**

#### **1.Tree Plantation on 31<sup>st</sup> July,2019 ...**

Tree plantation was organized by NSS Unit 1 and 2 on 31<sup>st</sup> July,2019 by planting saplings of Ashoka, Neem , Gulmohar , Jamun , etc near hostel in college premises. All NSS volunteers as well as NSS Incharges Ms Laksha and Kiran Bala along with Principal Madam Dr.Anuradha Sharma and other staff members of college were present there. The plantation of 24 saplings was held on the retirement day of Principal mam.



#### **2. Swachh Bharat Summer Internship (SBSI 2.0) 2019:**

Period of Internship: 15<sup>th</sup> July 2019-31<sup>th</sup> July 2019 (50 Hours). Six students of NSS participated in SBSI 2.0 of 50 hours on “Solid and Plastic Waste Management” .

#### **List of participants :**

Sr.No.	NAME	CLASS	ROLL. NO	Permanent Address	Place of Internship
1.	Raveena	BA-III	23	#10,Vill Bitna Siudi, Teh .Kalka,panchkula	Village bitna siudi
2.	Neha Sharma	BA-III	32	#109-B,HBC,sec - 14,panchkula.	Village bitna siudi

3.	Anju	BA-III	35	#vill.Nolta PO/CRPF,Pinjore teh.Kalka,Panchkula	Village bitna siudi
4.	Kanika	BA-III	59	#37- A.M.S,Enclave,Dhakoli,Zirak pur.	Village bitna siudi
5.	Aarushi	BA-III	179	#162 ward 9.P.O ,Rajound , Kaithal.	Village bitna siudi
6.	Vishwajita Swain	B.Com II A	65	Tipra Village	Tipra Village

### **3.Two Days NSS Cleanliness camp in College on 08/11/19 and 09/11/19:**

Prior to NAAC peer team visit to college, two days cleanliness camp was organized in college premises under the guidance of NSS P.O., College Cleanliness incharges and property incharges. 200 NSS Volunteers participated .

